INTRODUCTION: LIFE & LIVING TRILOGY

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SURESH KUMAR SONI

LIFE & LIVING TRILOGY – ANNOUNCEMENT OF MY BOOK

I am delighted to announce the release of my latest literary endeavour – the "Life & Living Trilogy," comprising three parts: Who Are We (Part 1), The Purpose of Life (Part 2), and Reality & Mystery (Part 3). This trilogy dives deep into the essence of existence, offering profound insights into the workings of life and living.

Readers will embark on a transformative journey of self-discovery, exploring the many facets of human observation. From the complexities of relationships to the pursuit of purpose, from the quest for happiness to the resilience of the human spirit, each book in the trilogy is a testament to the richness and reach of life in real living situations.

This trilogy promises to ignite readers' imaginations, provoke introspection, and inspire meaningful change. The Life & Living Trilogy is a companion on the path to understanding the bright and dark sides of human existence.

WRITING AND CREATIVITY: THE TRUE JOURNEY

In the realm of book promotion, it's common for authors to indulge in self-praise. However, there's a significant departure from this pattern in recognizing the painstaking craftsmanship authors invest in their writing. Rather than self-adulation, I aim to highlight the intricate process of creativity and the artistic prowess inherent in writing.

Authors are the architects of their literary creations, weaving together plots, characters, and narratives with meticulous care. Beneath the polished surface of the final work lies a journey filled with challenges, revelations, and unwavering determination.

The journey begins with a spark of inspiration, igniting the creative flame. From there, authors embark on a path of discovery, immersing themselves in research, drawing from personal experiences, and cultivating a deep understanding of their chosen subject.

Ideas and characters emerge, vibrant and multifaceted, each with their own motivations, idiosyncrasies, and complexities. They propel the narrative forward with their energy, desires, struggles, and transformative power.

Authors carefully sculpt their prose, crafting each sentence with precision and care. They experiment with tone, rhythm, and language to elicit emotions and transport readers into their world.

However, the writing process is not without its challenges. Authors wrestle with self-doubt, bouts of writer's block, and the relentless pursuit of perfection. They endure sleepless nights, undergo numerous revisions, and face moments of frustration in their quest to realize their vision.

Ultimately, the culmination of this arduous journey serves as a testament to the author's tireless dedication, flawless dexterity, and boundless passion. It captures the entirety of the creative expedition — the triumphs, the setbacks, and every nuanced moment in between. While self-promotion has its place, recognizing this intricate process authentically celebrates the true artistry of the written word.

Writing is like painting with words, every stroke adds depth and color to the picture of thoughts. Crafting the written word combines expression and clarity, where each sentence flows freely with poise, capturing the reader's attention.

Authors meticulously lay the foundation for their creations, weaving complex plots, characters, and narratives with deliberate care. They chart the course

readers will traverse, foreseeing twists and turns in fiction and sculpting the narrative landscape in non-fiction.

Yet, in this process, authors must remain flexible, allowing the story or narrative to grow and transform within the framework they've established. It's a delicate balance between creativity and construction, where the fluidity of imagination meets the solidity of planning, culminating in a compelling and unified work of literature.

Authors frequently engage with complex themes and subjects, intricately intertwining them into their narratives with depth and elan. Whether exploring the complications of the human condition, grappling with societal dilemmas, or philosophical concepts, they guide readers to contemplate and introspect on profound layers of meaning.

In the journey of writing, authors remain attuned to the grand design of their book, ensuring every chapter propels the narrative towards its inevitable conclusion. They engage in the tough process of revising and enhancing their prose, meticulously refining each sentence to achieve a balance of clarity and elegance. Writing a book is a laborious yet rewarding endeavour, demanding patience, skill, and unwavering commitment — a testament to the author's enduring passion for describing their views on various themes, topics, and storytelling.

DO'S AND DON'TS FOR WRITERS

Do's:

Ensure content is supported by credible sources and thorough research.

Create a detailed outline to organize thoughts and ensure a logical flow of ideas.

Write precisely, clearly, and concisely to effectively communicate complex ideas.

Incorporate real-life examples and case studies to illustrate points and make them relatable.

Dedicate time to editing and revising to eliminate errors and improve clarity.

Maintain objectivity by presenting facts and opinions in a balanced manner.

Don’ts:

Never plagiarize content; always attribute sources properly.

Avoid using jargon or overly complex language that may confuse readers.

Be open to feedback from beta readers, editors, and peers.

Take sufficient time with the writing process; rushing can result in subpar content.

Pay attention to formatting and layout to enhance readability and visual appeal.

Don't underestimate the importance of marketing; plan the marketing strategy early on.

WRITER’S DILEMMA AND APPROACH

Writing should embrace the tangible, rooted in reality, employing a clear and accessible style of narration. While imagination has its place, it should not overshadow the significance of real-life experiences, emphasizing the value of personal engagement with the present. Efforts should be planned meticulously and executed with unwavering dedication, ensuring that each effort contributes meaningfully to the larger vision.

The inclusive pronoun "we" fosters a sense of connection and mutual purpose between the author and the reader. It signifies a joint exploration, where both parties actively participate in delving into the ideas and themes articulated in the text. These dynamics invite readers to perceive themselves as integral contributors to a larger dialogue or community.

Truth remains constant and absolute, standing out amidst the world's relative nature. Effective writing follows a logical path, prioritizing clarity over unnecessary elaboration. In today's digital era, there is merit in challenging traditional book formats, given the wealth of digital options. Despite the convenience of digital media, physical books offer a unique and irreplaceable experience that nourishes the soul and enriches the mind.

Books act as vessels of time-tested wisdom, offering guidance, inspiration, and opportunities for personal growth. The relationship between authors and readers is symbiotic, with authors pouring their passion and vision into their work to engage and inspire their audience. Ultimately, books act as catalysts for exploration, connection, and self-discovery, forging deep bonds between individuals and ideas.

SPIRITUAL VALUES AND TRUTH IN WRITING

The book should advocate for the restoration of values and virtuous living, mobilizing efforts to propel the human race forward on the evolutionary ladder, guided by practical realities. Reading the book must help in vacuuming the reader from within, leading to happiness and deliverance.

To understand that we know nothing, we must recognize our limitations. As our knowledge increases, so does our awareness of our ignorance. This is relative truth, not absolute truth. Thus, effective writing becomes an exercise in skilfully assembling and reassembling facts and interpretations to convey meaning. It is through this process that we navigate the depths of knowledge and perception, striving to illuminate the truths we can perceive.

The meaning of the book should not rely solely on the words themselves but also on the spaces between them. In this manner, reading can evoke an everlasting experience, embodying the essence of ultimate reality.

PROMOTING THE LIFE & LIVING TRILOGY

In a world where self-promotion frequently eclipses authentic connection, I've chosen a distinct approach for promoting my trilogy. Rather than being engulfed in the din of marketing, I've enabled the book's essence to resonate independently. This approach prioritizes substance over spectacle, trusting in the power of the trilogy to forge genuine bonds with readers.

Guided by my spiritual values, I aim for a deep connection with readers rather than self-aggrandizement. I believe in the narrative power to forge bonds that transcend mere promotion. In a society where truth and spiritual values are often commodified, I uphold their intrinsic worth. They're not commodities but the very essence of our existence.

I reject the notion of restricting the knowledge of spirituality and truth behind copyright barriers, embracing the tradition of open dissemination. I advocate for transparency and the boundless sharing of wisdom. Let's reclaim truth and spirituality from profit-driven endeavours and cultivate a community where wisdom flows freely for the betterment of all.

From ancient times, the Vedic sages emphasized the preciousness of human life. Their profound wisdom birthed the framework of the four ashrams of life, a comprehensive structure guiding individuals through life's evolving stages in an appropriate sequence.

Brahmacharya: Youth and learning. In this phase, I pursued a master's degree in political science.

Grihastha: Adulthood and family life. I entered matrimony through an arranged marriage, raised a son and a daughter, ensured their education, celebrated their marriages, and am now blessed with four granddaughters.

Vanaprastha: Gradual withdrawal from worldly pursuits. Although I did not adhere strictly to the traditional forest retreat, I sought solace in solitude at home. During this phase, I authored six books as a striving spiritual seeker.

Sannyasa: Renunciation and liberation. As I have entered my 75th year, I am drawn to this final ashram. My recent move to a modest apartment with my wife marks the beginning of this profound transition. I am committed to a life of simplicity and spiritual exploration, seeking Moksha and striving to experience the shedding of my body with complete consciousness.

Success in this final phase of life is not measured by conventional standards but by living authentically and aligning with what feels right for oneself. Embracing all stages of life offers unique experiences and invaluable lessons, deepening our understanding of both us and the world around us.

In Vanaprastha, I expressed insights through online posts and books. Now, shifting to Sannyasa, I am cleansing my mind and returning it to its innate state of being a clean slate. I find solace in soft instrumental music, chanting Om or Beej mantras, and observing the world silently. My refuge lies in the "Sanctuary of Silence" as I seek to rediscover and dwell in the divine "House of Consciousness" within my heart.

The first two decades of my life were consumed by studies, followed by four decades dedicated to earning a livelihood and fulfilling family obligations. These phases often felt mundane, overshadowed by the pursuit of survival, social conformity, and material gains.

In the third phase, I shifted my focus to spiritual exploration, resulting in the authorship of several books on spirituality, from "A Religionless World" to the "Life & Living Trilogy."

Recognizing spirituality as the fundamental essence of human existence, I present readers with a study of my spiritual writings published during the third phase of my life. My work delves into the mysteries of consciousness, seeking to unveil the interconnectedness between humans and the cosmos.

My writings invite readers on a transformative journey of self-discovery and spiritual awakening, drawing from ancient wisdom, philosophical insights, and personal experiences. My approach is inclusive, transcending religious dogma to embrace the universal essence of spiritual values.

In these writings, I offer timeless truths that resonate across cultures and epochs. My aim is to illuminate the path for those who yearn to deepen their spiritual understanding and cultivate a richer, more meaningful life. May these writings serve as catalysts for personal growth, awakening the dormant seeds of wisdom and compassion within each of us, and inspiring a global renaissance of spirituality rooted in love, unity, and understanding.

Undergoing all stages of life, we open ourselves to rich experiences and deeper understanding. Life is not solely about intellectual pursuits or material gains; it is about experiencing the full range of evolving phases that make up our existence. As I transition to Sannyasa, I seek to embody simplicity and spiritual exploration, drawing strength from the timeless teachings of sages and mystics.

Let's retrieve truth and spirituality from profit-driven endeavours and cultivate a community where wisdom flows freely for the betterment of all fellow beings.

THE PURPOSE BEHIND WRITING THIS TRILOGY

Human life is a complex blend of challenges, obstacles, and moments of wonder. Unlike buying a car or operating an iPhone, there is no single manual to navigate the intricacies of human life. Despite millennia of civilization, the

invention of writing, and educational institutions, humanity has failed to devise a comprehensive manual to aid individuals in understanding how to lead their lives effectively. Hence, crafting a Universal Manual of Instruction for Human Life and Living is imperative for the personal and collective wellbeing of the entire human race.

Our education system has profoundly failed to offer a complete roadmap for managing life and living appropriately. Although designed to facilitate learning, skill development, and personal growth, the world's education system—comprising schools, colleges, universities, policies, and practices—lacks a tailored handbook to handle real-life challenges. While the teaching system aims to impart knowledge, foster critical thinking, prepare for careers, promote socialization, and instil values and civic responsibilities, it falls short in providing practical guidance for life's complexities.

It's appalling that even the most esteemed universities worldwide have yet to compile a comprehensive compendium of practical guidance on life and living as part of their course outlines.

Given their abundant academic prowess and resources, one might assume such an initiative would have been explored long ago. However, the absence of such a resource does not indicate impossibility. Creating such a manual could be facilitated by assembling a dedicated team of academics for the task. Every new endeavour comes with its challenges, but our education system should press forward with determination and enthusiasm, undeterred by obstacles, to accomplish this task.

Statistically, far below 1% of the world's population controls 95% of the world's wealth. This concentration of wealth is staggering and highlights the extreme inequalities that exist unchallenged in our global economic system. Such a disproportionate distribution of wealth exacerbates social, educational, political, and economic disparities.

Addressing extreme wealth inequality requires a concerted effort from governments, businesses, civil society organizations, and individuals to create policies and practices that prioritize the well-being and prosperity of all people, rather than perpetuating the privilege of a select few.

The elite class controls the world's education system, and their influence can shape the content, values, and objectives of education in ways that serve their interests and perpetuate existing power structures. This influence can manifest through funding educational institutions, shaping educational policies, and influencing curriculum development.

One potential consequence of elitist influence is promoting an educational model that prioritizes conformity, obedience, and compliance over critical thinking, creativity, and independent thought. This model can indeed contribute to the creation of a "slavish mentality" among individuals, where they are conditioned to uncritically accept the status quo and adhere to societal norms and expectations rather than questioning and challenging them.

Efforts to promote alternative educational approaches that prioritize student-centered learning are imperative. Transforming education into a tool for liberation and empowerment requires collective action and a commitment to challenging existing power structures and vested interests to create educational environments that prioritize the holistic development and well-being of all individuals.

I suggest creating a Universal Guidebook for Life and Living—a comprehensive handbook that teaches everything we need to know to live an optimistic and righteous life in the world.

This guide goes beyond regular school subjects and teaches important life skills, like decision-making and interpersonal relationships. It helps individuals grow personally, understand ethics, and build resilience. The goal is to empower people to face life's challenges confidently, think for themselves,

understand others better, and bounce back from adversity. By celebrating diversity and promoting respect for all, we can build a fairer and caring world where everyone has a chance to thrive.

Implementing a Universal Manual of Instruction for Human Life and Living requires collective action and commitment from educators, policymakers, and communities worldwide.

It represents a fundamental step towards reclaiming education as a tool for empowerment and societal transformation. Let the education system dare to defy the status quo and champion a vision of education that serves the common good, transcending narrow commercial interests and fostering the full potential of every human being.

In essence, the creation of a manual on human life and living represents an opportunity to harness the collective wisdom of humanity and distil it into a resource that can uplift and enlighten individuals across generations. While the task may be daunting, the potential rewards are immeasurable, making it a venture worthy of pursuit by both academic institutions and the world as a whole.

As I approach the last leg of my life, I've contemplated the concept of writing such a manual, which is encapsulated in my latest book, "Life and Living Trilogy." My hope is that it will ignite academic discussion and spark essential transformations. However, despite my earnest intentions, the enormity of the undertaking and my advancing age have restricted my capacity to comprehensively tackle this crucial matter appropriately. I admit that I have not fully met the challenge of adequately addressing this vital issue within the global education system.

In today's increasingly chaotic and directionless world, the need for clear guidance is more decisive than ever before.

Life's path is littered with challenges, uncertainties, ethical dilemmas and loneliness. From grappling with fundamental questions of existence and significance to navigating the complexities of relationships, career choices, and well-being, people face a myriad of experiences, each with its own set of obstacles and opportunities. Lacking proper guidance, many find themselves lost and adrift, wrestling with feelings of existential uncertainty and a lack of purpose, unsure of which direction to take.

Religious texts, philosophy, and self-help books are sensible guides for dealing with life's ups and downs. They teach us about right and wrong, help us find purpose, and encourage personal growth. However, they are not perfect. Sometimes, they stick to old ways of thinking that might not fit today's world. Written long ago in different cultures, they might not always match our lives now. Different people can interpret them differently, leading to disagreements about their meanings and applications today.

Religious texts, philosophy, and self-help books offer decent ideas about life, but they are not enough on their own. To truly understand life, we need to look at things from different universal angles and include everyone. By considering many viewpoints and understanding complexity, we can better understand ourselves and the world, leading to greater fulfilment and happiness.

In today's fast-changing world where cultures mix and change rapidly, we need guidance that is open to everyone's ideas. It's important to talk openly, understand different views, and find common universal ground. By bringing together different perspectives, we can better understand people.

An integrative approach to guidance means being flexible and open to new ideas, recognizing that what worked before might not work now. This flexibility helps us deal with modern challenges and make the most of new opportunities.

A Universal Manual of Instruction for Life and Living serves as a foundational resource for people seeking to understand themselves, their relationships, and their place in the world. Creating a comprehensive manual for life and living involves covering a wide range of topics to help people navigate various aspects of existence.

Here are some suggestions worth considering:

Living a fulfilling life is a dynamic journey characterized by personal growth, meaningful connections, and a sense of purpose. At its essence, life can be understood as the intricate interplay of experiences, emotions, and relationships that Mold our existence. It carries profound significance as it provides us with the chance to evolve, learn, and make contributions to the world around us. Central to this journey is the pursuit of personal growth, self-awareness, and fulfilment. These aspects empower us to delve into our potential, gain a deep understanding of ourselves, and derive meaning from our actions and engagements.

Meeting basic needs forms the foundation of human survival and well-being. From ensuring access to food, water, shelter, and safety to preparing for emergencies, strategies for meeting these needs are vital for sustaining life and fostering resilience. Moreover, maintaining health and wellness is essential for a fulfilling life. Prioritizing physical, mental, and emotional well-being through practices such as nutrition, exercise, stress management, and preventive care enables us to thrive and pursue our aspirations with Vigor.

Building healthy relationships and effective communication skills enrich our lives and contribute to our overall well-being. By cultivating empathy, resolving conflicts peacefully, and nurturing connections with others, we foster a sense of belonging and support that enhances our journey. Furthermore, personal development empowers us to set goals, overcome obstacles, and embrace lifelong learning, enabling continuous growth and adaptation to life’s challenges.

In navigating life's complexities, ethical behaviour, integrity, and social responsibility serve as guiding principles. Embracing diversity, promoting inclusivity, and respecting cultural differences contribute to a harmonious and interconnected global community. As we reflect on our experiences and choices, continuous self-reflection and growth become integral to living a purposeful and fulfilling life, guiding us towards deeper understanding, compassion, and resilience.

The absence of a Universal Manual of Instruction for Life and Living is a significant oversight in human civilization. However, the Life and Living Trilogy provides a framework to bridge this gap, fostering meaningful public discourse and empowering individuals to lead more fulfilling lives. By embracing innovative perspectives and engaging in open dialogue, humanity can make significant strides toward achieving individual happiness and global prosperity.

A universal life manual offers invaluable guidance for navigating the complexities of existence. It serves as a compass for individuals, aiding them in making informed decisions that resonate with their values, reducing stress, and enhancing their ability to confront challenges with resilience. Ethical counsel within such a manual nurture the growth of virtues and fosters a more compassionate society. Drawing from diverse cultural perspectives, it promotes appreciation and respect for human diversity.

However, crafting a universal life manual presents formidable challenges. It must accommodate varied needs and cultural backgrounds while retaining its universal relevance. Striking a balance between flexibility and guidance is crucial, ensuring it does not constrain individual freedom nor oversimplify life's intricate nuances. Moreover, addressing resistance to change and biases is paramount, as these factors could impede its acceptance and utilization, potentially marginalizing certain groups.

Undertaking the ambitious task of crafting a universal manual for life and living holds great potential for empowering individuals and advancing human prosperity. Yet, this endeavour is not devoid of formidable challenges. These

hurdles encompass the complexities of achieving universality, the pitfalls of dogmatism, the dangers of oversimplification, resistance to change, and the influence of ethical and cultural biases. Overcoming these challenges requires meticulous attention, sustained dialogue, and an unwavering commitment to inclusivity and openness.

Recognizing the absence of a comprehensive guide for navigating life, I embarked on the creation of my latest book, the "Life and Living Trilogy." However, I encountered significant challenges along the way. Despite my unwavering dedication, I struggled to meet the high standards I had set for myself. The project demanded extensive research and writing, which proved to be time-consuming, particularly given my age and circumstances.

Fuelled by the handwritten notes I had meticulously outlined earlier; I eagerly completed the first draft of my book. Yet, as I delved deeper, I realized that despite my enthusiasm, I fell short of the ambitious standards I had envisioned. The endeavour required extensive time for thorough research, and the pressure to excel weighed heavily on me. Doubts threatened to overshadow my thoughts, hindering my writing efforts.

Nevertheless, amidst these challenges, I clung to hope. I remained steadfast in my belief that persistence would eventually pave the path to success. I recognized that grappling with challenges was an inherent part of the creative journey and that overcoming them would fortify the authenticity of my work.

At the age of 74, grappling with diminishing eyesight and unsteady hands, I come to terms with the realization that I can no longer fulfil the ambitious promise I once harboured. In my younger years, the thought of undertaking such a grand literary project would have sparked boundless excitement and determination within me, but time has since passed. Despite lamenting the missed opportunities, I find solace in the knowledge that the indomitable spirit to effect positive change still resides within me, undiminished by age. Despite these challenges, I mustered the courage to embark on a humble attempt in the desired direction.

"The Life and Living Trilogy" embodies my objective to capture the core of human existence within its narrative. As I reflect on its publication, I recognize it as a culmination of my pursuit to unravel and contemplate the intricacies of life. Written by weathered hands and ignited by the enduring flame of passion within me, this trilogy comprises three distinct collections of books, each offering a unique perspective on the human experience:

Book One: "Who Are We"

The first volume delves deep into the essence of our being, unravelling the mysteries of the natural world and the complex interplay of human values. It serves as an inspiration for cultivating profound insights, encouraging the exploration of deep questions, and offering a roadmap for enhancing the human experience.

Book Two: "The Purpose of Life"

The second volume builds upon the foundational concepts established in the first volume, offering practical wisdom and addressing the contemporary challenges of our time. It delves into themes such as the Evolutionary Process and a Global Manifesto, embarking on a quest to uncover the essence of human existence through a profound exploration of philosophy, psychology, and spirituality.

Book Three: "Reality & Mystery"

The concluding volume of the trilogy explores the profound depths of human existence, tackling themes such as Ultimate Reality and Grand Mystery. It addresses the pervasive sense of discontentment despite material success, grapples with the enigma of death and the mysteries surrounding the afterlife and questions the relevance of religion. Through its narrative, it encourages

readers to engage in deep reflection on the paradoxes of existence, offering no easy answers but inviting contemplation of the mysteries beyond comprehension.

THIS TRILOGY – IS WRITTEN BY A LATE DEBUTING SEPTUAGENARIAN AUTHOR

Reflecting on my retirement, I received a wealth of advice from friends, family, and even old acquaintances about staying mentally sharp as I aged. Many stressed the importance of keeping my brain active to prevent Alzheimer's and dementia. They recommended activities like Sudoku puzzles, reading, and learning new languages. Everyone seemed to have become an expert on brain health, passionately advocating these activities to fend off cognitive decline.

As retirement loomed, I continued to receive well-intentioned advice. Travel to learn new things, gardening to stay active, but the most common suggestion was to stay curious. It seemed everyone agreed that staying busy and mentally engaged was key to staying sharp. With this advice in mind, I set out to explore various activities to maintain my cognitive health.

Reflecting on my upbringing in a family of warriors, administrators, musicians, and writers, I chose to hone my writing skills in retirement. Nurtured with the adage "an idle mind is the devil’s workshop," I internalized the importance of staying mentally active, undeterred by the clamour of unsolicited advice.

I remember the day I planned to start writing. My initial dilemma was whether to write in Hindi or English. My upbringing prompted me to choose Hindi, but I intentionally picked English to expand the reach of my message to a global audience. Please bear with my Indian English.

We were a family of six brothers, with my mother assigning one room to be shared by two of us. My constant companion in this shared space was my elder brother, Udesh Soni, affectionately known as Kaku. While I pursued a general

course in History and Political Science, he dedicated himself to English Honors. Despite our differing academic paths, our shared living arrangement fostered an environment of common company, care, and concern.

Living in such proximity, we naturally became deeply involved in each other's studies. We frequently exchanged textbooks, exploring topics beyond our syllabuses and broadening our knowledge. In our free time, we discussed our areas of study, assisting each other in deepening our comprehension.

I remember a distinct moment when my brother was struggling with an essay by Francis Bacon, part of his curriculum. Bacon's writing posed a significant challenge due to its complex vocabulary and phrases. When Kaku my elder brother became frustrated, he would often hand me the essay book and say, "Read this essay and tell me if you understand it." In those moments, I delved into Bacon's sophisticated prose, experiencing the same struggles as my brother.

However, Francis Bacon distinctive writing style became ingrained in my mind during my late teenage years. Consequently, a strong urge to dig into his essays developed within me, as I grew older. While my writing differs greatly from his, the notion of Bacon as my muse has always remained with me. Despite our clear variances, this misconception still shapes how I view the world. I often ponder the fallacy of holding onto such a happenstance approach. I wonder. Can I compare candlelight with sunlight? When will I break free from this meandering mindset? I do not know.

Trying to emulate the writings of Francis Bacon, the master of prose, feels like an insurmountable task. In the glorious era of Shakespeare, where theatre reigned supreme, Bacon stood out as the pinnacle of prose in a landscape dominated by poetry and drama. Seeking inspiration from him shouldn't be considered misguided; instead, it's a pursuit worth undertaking. Drawing from the expertise of a literary giant like Bacon, even if I can never match his great brilliance, still holds its own unsurpassable motivational value. Isn’t it.

It's quite possible that everyone engages in a form of borrowing thoughts, sometimes edging towards what might be labelled as plagiarism. Our education system, in many ways, inadvertently encourages this tendency through methods of intellectual conditioning. Consequently, claiming absolute originality in authorship remains a persistent challenge. One might find it more fitting to assume the role of a compiler rather than a wholly original author. Compilers simply present their perspective, often gathering ideas from various sources to form a well-informed opinion.

This practice of borrowing ideas to shape one's viewpoint is prevalent among writers like me. So, being termed a 'Reminder' or a 'Compiler' isn't necessarily a negative label. Furthermore, my language expression follows an Indianized version, which may not align perfectly with English literature norms. Hence, without sugar-coating it, I don't have solid grounds to boast that I'm a completely original author.

Moreover, the line of thought encapsulated in my writings finds its roots deeply intertwined with the timeless wisdom of Vedic and Buddhist scriptures. As I articulate my reflections, I am acutely aware that I am merely a vessel, a conduit through which the profound insights of ancient sage's flow. My words, though crafted through my own writing, carry the resonance of ages past, echoing the truths enshrined within the sacred texts of the Vedas and the profound teachings of the Buddha.

I do not lay claim to ownership over the wisdom I share; rather, I see myself as a humble messenger and custodian of timeless truths. Bestowing upon me any title beyond that of a simple "Reminder" or a "Postman" would be presumptuous. My true aim is not to highlight my significance, but rather to gently guide others towards enduring truths that have persevered through time, akin to any spiritual seeker striving to illuminate without seeking personal acclaim.

In the vast expanse of human contemplation, I am but a fleeting presence—a transient flicker of light, a drifting cloud of thoughts, a cascading wave of words

in the boundless expanse of human comprehension. Yet, within this ephemeral moment, I strive to pay homage to the profound legacy of those who came before me, seamlessly weaving their insights into the fabric of my words and thoughts, akin to a parrot echoing their wisdom.

In the ancient Vedic tradition, emphasis was placed on the depth of the message rather than the identity of the messenger. Authors of Vedic literature often remained anonymous, understanding that the value lay in the wisdom shared rather than in personal recognition. This humility allowed their teachings to transcend individuality, serving as timeless guides for humanity. I held this same ideal close when I embarked on my writing journey.

However, the challenge today lies in the inevitability of revealing one's identity on internet platforms. Though I would have preferred to remain anonymous to better align with this tradition, circumstances compel me to disclose my identity.

In contemporary society, there exists a pervasive culture of celebrity worship and the elevation of authors to iconic status. Instead of valuing the depth of their insights, attention is often fixated on the individuals themselves—their personal lives and public personas. This phenomenon not only detracts from the essence of the message but also fosters a superficial understanding of knowledge and wisdom.

To genuinely spark widespread awareness and foster a deeper understanding of important concepts, it's crucial to shift our focus away from idolizing individuals as heroes and instead concentrate on the essence of their ideas. Rather than treating authors as mere celebrities, we should acknowledge the profound impact of their contributions to human thought and encourage a more thorough exploration of their literary works.

By emphasizing the importance of ideas over the cult of personalities, we can cultivate a society that values wisdom and knowledge for their intrinsic worth,

rather than their association with fleeting fame or renown. This shift in focus can pave the way for a more enlightened and intellectually vibrant culture, where the richness of ideas is held in the highest esteem and not a person.

The literary community often overlooks the efforts of seasoned debut authors who have retired, a tendency that can be disheartening for those who have weathered life's challenges and triumphs. Their wealth of experience and perspectives may not always align with current trends or popular opinions. It's crucial to recognize that what garners popularity in literature isn't always indicative of truth, and conversely, truths may not always enjoy widespread popularity.

I count myself fortunate to have been born in an era defined by the internet. Without it, I wouldn't have had the means to share my writing with others. While my audience may be modest, the fact that there are few individuals who genuinely appreciate my work surpasses my expectations. In this regard, I believe I have achieved my goal. What more could I ask for? I need nothing more.

Therefore, I am deeply grateful for the internet, for without it, my writing would have languished unseen, unheard, unspoken, and unnoticed. Rather than solely celebrating my endeavours, it is essential to recognize and honour the remarkable technology of the internet. It serves as an extraordinary platform where unknown individuals like me can openly engage and exchange their thoughts and opinions. Truely, the internet stands as a modern marvel of free speech.

The internet has fundamentally transformed communication on an unprecedented scale, democratizing the dissemination of ideas and amplifying voices from every corner of the globe. Through its vast array of websites, forums, and social media platforms, it has empowered individuals to express themselves, share their experiences, and engage in meaningful discourse free from the constraints imposed by outdated media magnates, vested agendas and dictatorial regimes.

Furthermore, the internet serves as a catalyst for creativity and innovation, offering aspiring writers, artists, and thinkers a global stage to showcase their talents and connect with like-minded individuals. Its accessibility has levelled the playing field, enabling people from diverse backgrounds to participate in public dialogue and contribute to the collective pool of knowledge.

It's deeply concerning to witness certain state governments imposing restrictions on the internet. Such actions directly undermine the essence of democracy, stifling freedom of expression and silencing dissenting voices. This suppression of online freedoms not only erodes democratic principles but also restricts access to information. Any attempt to curb the openness of the internet is tantamount to infringing upon the fundamental rights of citizens.

In reality, the imposition of restrictions on the internet represents a backward step away from democratic principles and towards authoritarianism. Instead of constraining online freedoms, state governments should strive to uphold and protect the open nature of the internet, ensuring that it remains a vibrant space for dialogue, dissent, and democratic participation.

As I reflect on my latest book, "Life and Living Trilogy," I want to clarify its intent. This trilogy isn't intended as a highbrow literary endeavour; rather, it aims to illuminate the understanding of reality. Crafted for truth-seekers, it offers value to those who delve into its three volumes. However, it's a stark reality that non-fiction works often struggle to attract readers. Spanning three volumes, the trilogy is rich in content, with details woven into the narrative to deepen comprehension and offer a broader perspective on the subject.

As I approach the end of the third stage of my life, I contemplate the beginning of a new chapter—an exploration of the final phase, the Sannyasa ashram, with its unique challenges and revelations, ultimately culminating in eternal rest. This realization strikes me: while vitality still courses within me, it's the ideal moment to infuse illumination into the pages of my books. With the curtain set

to close, I find no compelling reason to undertake another writing endeavour beyond the "Life and Living Trilogy."

The publication of my latest work marks the culmination of an eleven-year journey as a writer, which began with the launch of my website, http://www.thereligionlessworld.com/ in 2013. This period has been transformative, characterized by the release of six volumes delving into diverse facets of spirituality and the human condition.

In 2019, I presented "A Religionless World," inviting readers to embark on a journey of spiritual exploration. This was followed by "The Monk Who Gambled on the Game of Life" in 2020 and "Do Souls Exist" in 2022. Now, with the release of my fourth and final opus, "Life and Living – Trilogy (a set of three books)," in 2024, I am enveloped by a profound sense of fulfilment and introspection.

For three decades, I found myself ensnared in the routine of a banking career, diligently fulfilling financial obligations for my household and family responsibilities, which seemed to stifle my creative spark. However, retirement ushered in a newfound sense of peace and purpose through writing. It became a vehicle for introspection, allowing me to probe the profound questions about existence, spirituality, and truth. Though I've only devoted a decade to this pursuit, I grapple with the notion that it might not have been enough time to leave a meaningful impact.

While some critics may contend that a mere decade of writing offers only a fleeting opportunity to leave a lasting impression, for me, it has been a decade marked by introspection, continual refinement, and a steadfast commitment to distilling the essence of my message.

My goal is to cultivate a legacy through my writings that profoundly resonates with those navigating life's complexities, offering solace and insight amidst its challenges. Only time will reveal the extent to which my efforts have made an

impact. Even if I fall short or fail, I recognize that it's not a futile endeavour. After all, I understand that not all endeavours lead to success, but they are never without merit.

As I near the conclusion of my literary voyage, I'm struck by the importance of clarity and sincerity in conveying my message. It's not merely about the quantity of words, but rather the quality of the ideas they convey. With each book, I've strived to deepen my understanding and articulate my beliefs with greater precision, aiming to offer readers spiritual guidance in a world fraught with uncertainty.

In the pursuit of mental fortitude, refining the writer's craft stands as a testament to humanity's enduring spirit of ingenuity. As I traverse through time, pen in hand, I'm reminded of the timeless wisdom of Francis Bacon: "Reading makes a full man, conference a ready man, and writing an exact man." Thus, within the power of the written word, the mind discovers its most potent defence against the encroaching shadows of oblivion.

Advocating for the creation of a better society is not merely a choice but a moral imperative we must uphold without compromise. Genuine societal progress necessitates our active engagement and efforts. If we are to effect meaningful change, it is incumbent upon us to take action and be catalysts for a brighter future.

LIFE AND LIVING TRILOGY – THE EPIC ECHOES OF WRITING

The term "epic" originates from the ancient Greek word "epos," which referred to narrative poetry traditionally accompanied by music. Today, it signifies a storytelling style characterized by grandeur, heroism, and narratives spanning vast expanses of time and space.

In contemporary usage, "epic" encompasses any creation—be it a book, poem, film, or event—that demonstrates monumental scale, considerable length, and profound significance. An epic isn't merely long; it is expansive, immersing its audience in a meticulously crafted world with memorable characters engaged in heroic struggles or grand adventures. It transcends the ordinary, transporting readers or viewers to imaginative realms where challenges loom large, conflicts are monumental, and resolutions are deeply satisfying.

THE ESSENCE OF EPIC LITERATURE

Within literature, an epic is a lengthy narrative poem that typically recounts heroic feats, legendary events, and grand adventures. Epics often feature larger-than-life characters, epic battles, voyages to distant lands, and encounters with gods, monsters, and other supernatural entities. These poems adhere to a formal, elevated style and are distinguished by epic conventions such as invocations to the muse, epic similes, and catalogues.

Epics are often rooted in a culture's mythology, history, or religious traditions, serving to preserve and transmit cultural values and ideals across generations. They explore universal themes such as heroism, destiny, the pursuit of immortality, the struggle between good and evil, and the complexities of the human condition.

Famous examples of epic literature include Homer's "Iliad" and "Odyssey," Virgil's "Aeneid," the Indian epics "Mahabharata" and "Ramayana," and the Anglo-Saxon epic "Beowulf." These works have profoundly influenced literature, art, and culture, inspiring numerous adaptations and reinterpretations across various mediums.

MODERN EPICS

Non-fiction epic books chronicle historical events, real-life adventures, or remarkable journeys on a grand scale. They capture the essence of an era, document significant achievements, and explore extraordinary feats of individuals or societies. These works offer readers insights into historical events and remarkable journeys that have shaped human history, serving as captivating narratives that illuminate the past and inspire reflection on the human experience.

Modern epic books continue the tradition of grand storytelling, exploring heroic journeys and significant themes on a large scale. While they may deviate from classical epic poetry, these works retain the essence of epic storytelling through their scope, ambition, and thematic depth.

THE RELEVANCE OF EPICS IN THE DIGITAL AGE

Epic literature, characterized by grand narratives, heroic figures, and profound themes, has been a cornerstone of storytelling for centuries. However, in the digital age, where attention spans are shorter and entertainment is increasingly visual and interactive, its relevance is questioned.

Epic literature deals with universal themes such as love, honor, betrayal, and the human condition, which transcend time and technology, maintaining their relevance across generations. These works challenge readers to engage deeply with complex narratives, intricate characters, and philosophical concepts. In an era dominated by instant gratification and superficial content, epic literature provides intellectual stimulation and fosters critical thinking.

Epic literature has the power to evoke profound emotions, fostering empathy and understanding in readers. Through the trials and triumphs of epic heroes, readers explore the depths of human emotion and experience catharsis. Epic literature serves as a cultural repository, preserving traditions, values, and beliefs for future generations. In an era of rapid globalization, epic works provide a sense of continuity and identity.

Epic literature showcases the pinnacle of literary craftsmanship, with rich language, vivid imagery, and intricate narratives. As digital media increasingly prioritizes brevity and immediacy, epic literature stands as a testament to the enduring power of language, detailed mental constructs, characters, and storytelling.

In today's digital world, where quick access to entertainment is common, epic literature competes with movies, video games, and social media. With many online distractions, people often prefer shorter, easier-to-digest content. Long, complex stories like those in epic literature can be a hard sell, and the slower pace might not appeal to everyone in a fast-paced world.

Some critics argue that traditional epic literature may not resonate with digital-age audiences, as its themes and values might seem outdated or culturally insensitive in a diverse, globalized world. The rise of storytelling technologies like virtual and augmented reality offers immersive experiences that traditional epics struggle to match.

Additionally, with a strong focus on Science, Technology, Engineering, and Mathematics (STEM) education, literary education—including the study of epic literature—may be overlooked. This neglect could lead to future generations being less inclined to engage with epic work.

FASHION AND WRITING: THE CYCLICAL NATURE

Fashion, like the tides of the sea, ebbs and flows through time with a cyclical nature. It continually reinvents itself, reflecting the spirit of each era while recalling elements of the past. Similarly, the evolution of writing reflects this cyclical pattern. The format of writing, with its depth and nuance, transcends time, creating narratives that resonate across generations and civilizations.

Composing epics in the digital domain is not a notion to be dismissed but an exciting exploration of timeless storytelling. In the digital realm, where technology and imagination intersect, there is a chance to revitalize classic narratives, infusing them with contemporary vibrancy and creating connections that transcend time and space.

INTRODUCING THE LIFE AND LIVING TRILOGY

Thus, the Life and Living Trilogy, with its expansive and profound content, stands as a significant epic exploration of fundamental questions about human existence.

Volume 1: Who Are We?

Chapter One: The Natural World covers the Universe, Time, the Human Body, and the Mind.

Chapter Two: Human Invented Values addresses Present Scenarios and Righteous Deeds.

Volume 2: The Purpose of Life

Chapter One: The Evolutionary Process focuses on Physical Wellbeing, Mental Fitness, and Self-Understanding.

Chapter Two: The Global Manifesto discusses The Universal Religion and Global Civilization.

Volume 3: Reality & Mystery

Chapter One: The Ultimate Reality Addresses Unhappiness, Death, and the Afterlife.

Chapter Two: The Grand Mystery explores Religion, God, Nothingness, and Random Pondering.

The trilogy is now available in both paperback and e-book formats. Promising to spark readers' imaginations, encourage self-reflection, and motivate positive transformation, this trilogy serves as a guiding light through life's journey. Whether seeking solace within the pages of a book or searching for wisdom to navigate life's challenges, the "LIFE & LIVING TRILOGY" is a trusted companion on the path to enlightenment.

THE JOURNEY OF WRITING AT 70

My first book was published when I was 69 years old. Starting a non-fiction writing career at 70 offers a remarkable and richly textured perspective that can deeply resonate with readers. At this stage in life, writers bring a wealth of experiences, forging narratives imbued with unique insights and profound understanding. Their writings often reflect a nuanced grasp of human emotions, relationships, and societal dynamics, shaped by decades of lived experiences. This depth infuses their work with wisdom and introspection, crafting analyses that are both insightful and evocative.

Older authors often possess a finely honed voice and style, the result of years of reflection and growth. Their late debut can offer fresh, unconventional viewpoints that challenge conventional wisdom and provide new angles on familiar topics. This rarity in the literary world can be intriguing to readers, drawing them in with the promise of original perspectives and rich narratives.

However, the journey isn't without its challenges. Limited time may constrain their ability to build a broad readership or evolve their career in the long term. Health concerns could affect productivity and promotional efforts, while the publishing industry's preference for younger voices might lead to age-related biases. Technological barriers may also pose difficulties, as navigating modern digital platforms can be daunting.

Despite these obstacles, the debut of a non-fiction writer at 70 holds exceptional promise. Such a debut can captivate readers with its distinctive

viewpoint, offering a deep appreciation for the life experiences that shape the narrative. It presents an opportunity to inspire reflection, spark meaningful dialogue, and celebrate the enduring power of seasoned wisdom in the realm of non-fiction.

As I conclude the final pages of this chapter in my writing journey, I do so with profound gratitude for the opportunity to share my insights and reflections with readers. Expressing "Thank you for supporting my writing endeavours" goes beyond mere courtesy; it is a sincere acknowledgment of the essence that fuels the creative journey. It serves as a reminder that achievements are born from the collective efforts of those who believe in the message and vision being conveyed.

With folded hands, I extend my deepest gratitude to the readers for their unwavering support.